



800-444-6443

www.biane.org

Brain Injury Support Groups

The Brain Injury Association of Nebraska can help link persons with brain injury and their loved ones to self-directed, voluntary support groups. Support groups can provide a number of benefits and provide the following key results:

- Emotional healing comes when people interact with other people.
- Sharing of similar experiences helps members feel less alone and more ready to deal with day to day issues.
- Encouragement comes from learning about how others have conquered situations similar to theirs.
- Contribution helps support group members feel meaningful.
- Education results from the exposure to information and personal experiences in a group.
- Socialization occurs when connections with people are made and confidence in social skills develops when appropriate interaction occurs in support groups.
- Self-expression, as emotions are experienced and released, creates a greater understanding of oneself.
- Confidence building results as members take responsibility for the work of the group, and see progress with the plans they made.
- Safety, in the environment of a confidential, supportive, non-judgmental group, allows for honest disclosure and sharing of common difficulties.
- A sense of growth occurs as long-term members see new participants and reminisce about where they began and how far they have come in their personal journey.

Support Group Meetings

Box Butte 2nd Tues @ 3:00pm
Box Butte General Hospital, Stroke and Brain Injury Support Group
Contact Martha danmarth@charter.net

Columbus-Coming Soon!!
Columbus Hospital
Contact Meghan Janzki mmjantzi@columbushosp.org

Grand Island Third Monday
Cris McElroy
308.398.5396
cmcelroy@sfmc-gi.org

Hastings Second Thursday
Kathleen Smith
402.460.5763
kkksmith@yahoo.com

Kearney Third Saturday 2-4pm.
@ Good Samaritan Hospital
Kathryn Feldman 308.224.1080

Lincoln Second Friday location varies
Karen Hux , 402.472.8249 , Khux1@unl.edu
Gina Simanek, gsimanek@neb.rr.com

Lincoln Second Tuesday @ 7
Nita Sipple 402.890.4521 nita_sipple@yahoo.com

Lincoln 2nd and 4th Thursdays 4-5p
Madonna Rehabilitation Hospital Nemaha Room
Dr. Paula Ray or Amy Potter 402.483.6987

Norfolk First Monday
Bonnie Suhr 402.586.2679
Margaret Jensen 402.371.7284
noredn@qwestoffice.net

Omaha
2nd Tuesday @ 6pm
Immanuel Rehab Conference Center,- Centennial room. 6901 North 72nd Street Omaha, Ne 68122
Dinner is provided.
Anne Hupka anne.hupka@alegent.org 402-572-2139

Scottsbluff Third Tuesday @ 4:30 ESU
Panhandle Brain Injury Support Group
Marsha Douglas danmarth@charter.net
Ellen Spearman 308.635.7104
spearwoman54@yahoo.com

Scottsbluff veterans and military families and may meet periodically. Marcia Stuckey 308.635.6152
stuckeym@wncc.net

Your Mind is One of a Kind